

NY Project Hope

Coping with COVID



Here to Talk | Here to Listen | Here to Support



Whether you need to talk to someone or learn about resources in your community, our trained counselors are available for you 7 days a week.

1-888-750-2266 (option 3)

Mon-Fri 9:00AM-9:00PM

Sat-Sun 10:00AM-6:00PM

Self-Care Isn't Selfish- It's Smart...



- Take care of your emotional health
- Take care of your body
- Unwind
- Pace yourself
- Connect with others
- Be your own advocate
- Set boundaries
- Accept changes as part of life
- Nurture a positive view of yourself
- Keep things in perspective and avoid "catastrophizing"

Coping Tips for Stressful Times...



- Limit media exposure
- Breathe slowly and deeply
- Progressive muscle relaxation
- Mindfulness activities like meditation
- Access social supports
- Distract yourself

Confidential | Free | Anonymous



Office of
Mental Health

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